

**MRS. J. M. CRAIG**, of Los Angeles, Calif., who says no one can feel more grateful for what Tanlac has done than she does. Declares she has gained twelve pounds and her health is now better than in years.



"Of all the people who have taken Tanlac, I don't believe there is anyone who feels any more grateful to it than I do," was the statement made recently by Mrs. J. M. Craig of 674 1/2 East Fortieth street, Los Angeles. "Like so many other families during the influenza epidemic last year we all had it, and my own illness, together with the worry over the rest of our family, brought on a case of genuine nervous prostration."

"I was so weak I couldn't even sweep the floor, and during the day I would have to lie down four or five times. I tried to walk but found out half a block was all I could stand before I gave out. Nervous spells came on me often."

"Every medicine I tried failed to reach my case until finally my husband urged me to try Tanlac, and I am indeed thankful that he did, for it proved to be just what I needed."

"The first two bottles didn't seem to help me. I guess that was because I was so extremely bad off, but on the third bottle I could tell I was improving and that gave me more hopes than ever of getting well."

"My improvement from then on was rapid and by the time I had taken five bottles of Tanlac I was better and stronger than I had been in years. I was sleeping soundly at night and had gained twelve pounds in weight."

"That was several months ago and from then until now I have been in as good health as I ever was in my life and have been doing all the housework by myself."

"It is simply remarkable how Tanlac has built me up and I have told everyone of my friends and relatives what a wonderful medicine it is."

Tanlac is sold by leading druggists everywhere.—Adv.

Jud Tunkins.

Jud Tunkins says that for practical purposes a philosopher and a student isn't near as much practical use in society as a person that plays a fair game of bridge.

For your daughter's sake, use Red Cross Ball Blue in the laundry. She will then have that dainty, well-groomed appearance that girls admire. 5c.

No Doubt About His Love.

Beas—"Are you quite sure he loves you?" June—"Love me! Why, he went down on his knees in damp moss with new white flannel trousers on to propose to me."—Boston Globe.

For Constipation use a natural remedy. Garfield Tea is composed of carefully selected herbs only. At all drug stores.—Adv.

Leading Industries.

According to the latest available statistics the leading industries of the United States are as follows: 1, food; 2, textiles; 3, iron and steel; 4, lumber; 5, leather; 6, paper and printing.

It is sweet to suffer when we suffer for those we love.

## Dizzy Spells

Hastings, Neb.—"Some years ago I was troubled greatly with liver trouble; I would become dizzy and dark spots would appear before my eyes. I took Dr. Pierce's Golden Medical Discovery and one bottle cured me. I have never had a return of this ailment but have always had good health since. I am glad to recommend this medicine."—MRS. CHAS. WENTZ, 141 So. Bloom.

Dr. Pierce's Golden Medical Discovery is sold by druggists in liquid or tablet form. Contains no alcohol. Send 10 cents to Dr. Pierce's Laboratory in Buffalo, N. Y., if you wish a trial pkg.

## The Kitchen Cabinet

(© 1921, Western Newspaper Union.)

Out of the suffering comes the serene mind; out of the salvation the grateful heart; out of endurance, fortitude; out of deliverance, faith.—Ruskin.

### HAVE A DOUGHNUT.

For a small family that enjoys fresh crisp doughnuts a small recipe which makes two dozen cakes will be found most useful.



**Drop Doughnuts.**—Take one egg, separate, beating the white until stiff. Add one-half cupful of sugar to the egg white and lightly stir the sugar in a little at a time. Then add the yolk, a grating of lemon peel, one quarter of a teaspoonful of ginger, one-half cupful of milk, a little salt and one and one-half cupfuls of flour sifted with two teaspoonfuls of baking powder. Mix and drop by teaspoonfuls into hot fat. When cool roll in powdered sugar. With a little practice these doughnuts may be made as round as a ball. The fat must be hot enough to brown a cube of bread in one minute.

**Jelly Doughnuts.**—Dissolve one yeast cake and one tablespoonful of sugar in one and one-fourth cupfuls of milk scalded and cooled to lukewarm; add one and one-half cupfuls of flour and beat well. Cover and let stand in a warm place until light—about three-quarters of an hour. Add the sponge to three tablespoonfuls of butter, one-half cupful of sugar, one well-beaten egg, one teaspoonful of salt and three more cupfuls of flour. Let rise two hours, roll out to one-third inch in thickness, cut with a cookie cutter. Stretch the dough, add one teaspoonful of jelly, wet the edges and squeeze together. Cover and let rise again for forty-five minutes. Then drop in deep fat and cook two to three minutes on each side.

**Doughnut Balls.**—Mix together one cupful of sugar, one-half teaspoonful of nutmeg, two well-beaten eggs. Dissolve one teaspoonful of soda in one cupful of sour milk. Add about three cupfuls of flour and drop by teaspoonfuls in hot fat. This recipe is similar to the drop doughnuts above, but it makes double the amount.

The wealth of a man is the number of things he loves and treasures; which he is loved and blessed by.—Caryl.

### SEASONABLE FOODS.

February and March are hard months for cooks. Winter foods have lost their flavor and spring vegetables are not yet in market for the average-sized pocketbook. These are the months when the pancake flourishes, and for variety try:

**Oatmeal Cakes.**—Add one-half cupful of milk to two cupfuls of boiled oatmeal, two tablespoonfuls of melted butter, two well-beaten eggs, one teaspoonful of salt, three tablespoonfuls of sugar, one cupful of flour sifted with two teaspoonfuls of baking powder. Beat well and bake on a greased griddle.

**Caramel Rice Pudding.**—Cook one half cupful of rice in boiling salted water. Drain and blanch by rinsing with cold water in a colander or sieve. Cool and add two well-beaten egg yolks, one-half cupful of brown sugar, one-half cupful of raisins; flavor with vanilla, add a dash of cinnamon and one-half cupful of nutmeats. Bake until brown and add the beaten whites as a meringue. Brown the meringue and serve with cream, sweetened with caramel sirup. To make the sirup, brown a few tablespoonfuls of sugar in a smooth saucepan, stirring until melted and brown. Add a few tablespoonfuls of water and when melted serve.

**Delmonico Pudding.**—Turn a pint can of peaches with the sirup into a pudding dish. Heat one pint of milk in a double boiler; stir one-third of a cupful of cornstarch to a smooth paste with half a teaspoonful of salt and one-half cupful of cold milk, then stir and cook in the hot milk until the mixture thickens; cover and cook fifteen minutes. Beat the yolks of two eggs, add one-third of a cupful of sugar and beat again, then stir into the hot mixture; continue to cook until the egg is cooked. Pour over the peaches. Beat the whites of two eggs very light then add four tablespoonfuls of sugar and spread over the pudding; sprinkle a little sugar over the meringue and cook in a slow oven ten minutes, then increase the heat to color the meringue. Serve neither very hot nor very cold.

Nellie Maxwell

## WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

### Shrinking at Both Ends.

Laura Bromwell, the noted air-woman, said at Mineola the other day:

"In the past it was considered immodest for a girl to wear riding breeches, but riding breeches seem conservative and even reactionary beside the evening gowns that are being shown."

"A society girl complained at dinner the other night:

"I've written the modiste, but here's another day gone by without her sending home my new ball dress."

"Perhaps," growled the society girl's father—"perhaps you neglected to inclose a stamped and directed envelope."—Detroit Free Press.

## WOMEN USE "DIAMOND DYES"

Dye Old Skirts, Dresses, Waists, Coats, Stockings, Draperies—Everything.

Each package of "Diamond Dyes" contains easy directions for dyeing any article of wool, silk, cotton, linen, or mixed goods. Beware! Poor dye streaks, spots, fades, and ruins material by giving it a "dye-die." Buy "Diamond Dyes" only. Druggist has Color Card.—Adv.

### Short and Pungent.

Mr. H. J. Jennings, once editor of the Birmingham Mail, claims to have written the shortest dramatic criticism ever penned: "Last night a play called 'Pure as Snow' was produced at the Blank theater. It is not as pure as snow." His assertion has been disputed, and a correspondent attributes the following very brief notice to an American critic: "A play by Ulysses S— was played last night. Heaven will judge him." Equally pointed was a criticism which once appeared in a Manchester Journal: "Last night Mr. W—'s play was produced. Quite a number of people stayed to the end."

### Catarrhal Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. Catarrhal Deafness requires constitutional treatment. HALL'S CATARRH MEDICINE is a constitutional remedy. Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed, you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be reduced, your hearing may be destroyed forever. HALL'S CATARRH MEDICINE acts through the blood on the mucous surfaces of the system, thus reducing the inflammation and restoring normal conditions. Circulars free. All Druggists. F. J. Cheney & Co., Toledo, Ohio.

### Unused Water Power.

Fifty million horse power comprises the total, both steam and water generated, now in use in the United States. It is conservatively estimated that as much more can be developed by utilization of the water power resources. The Department of the Interior has placed the potential water power at 60,000,000 horse power, of which only 10,000,000 is now developed. This saves the country more than 30,000,000 tons of coal annually.

Red Cross Ball Blue should be used in every home. It makes clothes white as snow and never injures the fabric. All good grocers, 5c.

### The Alibi.

"Prisoner at the bar, you are charged with vagrancy, having no visible means of support. Are you guilty or not guilty?"

"Not guilty, your honor. Now, shake hands with de judge; judge, meet me wife!"—Richmond Times-Dispatch.

Want to hear from owner having farm for sale. State cash price and description. Jno. J. Black, Western St., Chippewa Falls, Wis.—Adv.

### True to Form.

Mother—"Well, dear, has Jack kissed you under the mistletoe?"

Small Daughter (demurely)—Yes, mother.

Mother—"And did you enjoy it?"

Small Daughter—Yes, thank you, mother, but (very demurely) I struggled.—London Punch.

Since it is worth while to be well, take Garfield Tea, Nature's medicine.—Adv.

The Polynesians believe that the moon at its waning is devoured by the spirits of the dead.

## Highway Improvement

### IMPORTANCE OF GOOD ROADS

Most Towns Recognize Imperative Need of Improved Highways to Secure Farm Trade.

The country town that has poor roads radiating from it is badly handicapped, just as the farmer is who has to haul his products over such roads. Most towns recognize this and try to get their share of trade by making the main thoroughfares navigable at all times with tolerable loads. The town that does not see the importance of good roads and the imperative need of making them passable to ordinary traffic has need of the jolt that is not generally long delayed.

We sometimes hear the expression, "a poor trading place," and instantly we know the meaning of it. We at once know it refers to a town that has fallen into a Rip Van Winkle sleep and we are safe in assuming that such a town lacks wideawake merchants and the other necessary adjunct—good roads.

When a farmer sells anything, whether it be his weekly batch of produce or a load of hogs or one of wheat or corn he naturally considers the difficulties of the haul. Other things being equal, he chooses the road with least hills; and if the road of least resistance has well graded and dragged highways, the town that is handicapped with steep pulls and poorly graded highways always is a loser. It cannot be otherwise.

A cornbelt town exists, primarily, by reason of the farm trade. When this reaches a volume that lines the streets with farm teams any good day except the busiest times of the year, we can be reasonably certain that the merchants and roads are both attractive. And the opposite can be inferred when the streets are bare of farm teams and cars.

Most towns recognize the value of good roads as trade getters. Sometimes the topography of the country makes good roads and gentle grades difficult. When this is the case, more money is expended to get results. And



Roads Like This Are Carefully Avoided by Farmer Who Is Hauling Heavy Load.

the cornbelt farmer is just as discriminating now that the automobile is common on the farm. In fact he is more so. The matter of a few miles extra travel is not of great moment.

As the car comes to be more and more the medium of that daily commerce between the farm and town, the importance of good roads comes to be more clearly seen. The town has recognized it. In order to hold this increasing but vital trade the town must bid in terms of fair bargains and good roads—and not least in smooth, alluring highways where few obstructions to a fair speed are encountered.

Where the farmer buys his daily or weekly supplies he generally buys his larger items of machinery and farm equipment. It is up to the town that desires to live to recognize the problem of the good road. To ignore it is to destroy the town. The farmer does not travel the bad road except under compulsion.

### BUILDERS FAVOR NEW ROADS

Largest and Most Stupendous Plan for Highway Improvement Ever Projected in World.

The building of a system of highways in this country, now being carried on at an annual cost of over \$1,000,000,000, is the largest and most stupendous plan for public improvement ever projected in the history of the world, declared a speaker at the annual meeting of the American Road Builders' association at the Automobile Club of America. About 75 highway officials and others engaged in carrying on this great plan of highway improvement were present, coming in many cases from states situated a thousand miles away.

### Bring Higher Rentals.

Good roads bring higher rental incomes.

## Sure Relief



**BELL-ANS FOR INDIGESTION**  
6 BELL-ANS Hot water Sure Relief  
**BELL-ANS FOR INDIGESTION**

### Canada's Fuel Resources.

The fuel resources of Canada are situated in the extreme east and west and the western part of Alberta; the lignite coals are situated in the provinces of Alberta and Saskatchewan, but lying between the limits of these deposits is a great stretch of territory devoid of coal measured by economic value. The 12,000 square miles of peat bogs are situated in this area.

### A Familiar Warning.

A man was walking down a street in Dorchester the other day and an acquaintance some distance behind was calling out after him: "Hey, Luke! Hey, Luke!"

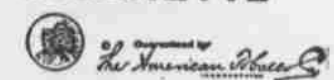
As the man ahead did not show any sign of hearing, a wag on the street corner shouted: "Stop, Luke, and listen!"—Boston Transcript.

**Keep Stomach and Bowels Right**  
By giving baby the harmless, purely vegetable, infants' and children's regulator.  
**MRS. WINSLOW'S SYRUP**  
brings astonishing, gratifying results in making baby's stomach digest food and bowels move as they should at feeding time. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.  
At All Druggists

## Flavor!

No cigarette has the same delicious flavor as Lucky Strike. Because—

It's toasted  
**LUCKY STRIKE CIGARETTE**



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Bright eyes, a clear skin and a body full of youth and health may be yours if you will keep your system in order by regularly taking

**GOLD MEDAL HARLEM OIL CAPSULES**

The world's standard remedy for kidney, liver, bladder and uric acid troubles, the enemies of life and looks. In use since 1905. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

**Cuticura Soap The Velvet Touch For the Skin**  
Soap 25c, Ointment 25 and 50c, Talcum 25c.

**USE COCHRANE'S FERTILIZER**  
this spring for corn, oats and other crops, and top dressing for wheat. Also MEAT MEAL TANKAGE for hogs and chickens. Write for price list.  
COCHRANE PACKING COMPANY, Central Ave. and Kaw River, Kansas City, Kansas.

## SHIP YOUR HIDES

FUR—WOOL—TALLOW  
To JOHN NELSON & CO.  
Central Ave. & Water St., Kansas City, Kans.

WANTED—Man, woman or church society to take agency for Silverman, the new metal polish. Liberal commission. Write today. MERIT PRODUCTS CO., East Chicago, Ind.